

BACK TO SCHOOL
MAKING THE CASE FOR
CONTINUING
EDUCATION {page 15}



IN FOR A WHACKING? ESTEVEZ FEELS FAMILY PAIN AMID SHEEN'S ANTICS {page 9}



VANCOUVER

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Tuesday, March 22, 2011
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Canucks. Injury



► Manny Malhotra during a break in the action against the Colorado Avalanche at the Pepsi Center on Jan. 18.

DOUG PENSINGER/GETTY IMAGES

Malhotra done for season

The Vancouver Canucks announced yesterday that Manny Malhotra would miss the rest of the regular season as well as the playoffs after suffering an eye injury last week in a game against the Avalanche. The third-line centre was second in the league in the faceoff circle with a win rate of 61.7 per cent. Story, page 20.

MPs approve 'war' on Libya

Commons backs Canada's
deployment {page 4}

Burger bar stacks up

Crab sliders hit the spot at
Granville eatery {page 11}

Waste a drain on fresh water, study finds

► Organizations around city celebrating World Water Day today ► International movement grew out of UN Conference on Environment and Development in 1992



KRISTEN
THOMPSON
@METRONWS.CA

Next time you rush toward your toilet with a spider in a wad of Kleenex, think about this: It'll take 20 litres of water to send the eight-legged critter down the tubes.

Almost three-quarters of us regularly flush items down the toilet we could dispose of in another, greener manner, according to the annual Canadian Water Attitudes Study, released to coincide with World Water Day.

The study found that British Columbians lead the nation in their propensity to flush dead pests — not pets — down the drain, while leftover food, hair and cigarette butts are the most-flushed items across Canada.

This is surprising, given that 55 per cent of Canadians believe fresh water is

Facts and figures

- Every Canadian uses, on average, 329 litres of water per day.
- Nearly half of all water used in the home is flushed down the toilet.
- Nearly 50 per cent of us leave the tap on to wash dishes, and 17 per cent hose down our driveways.
- Canadians say they put more effort into conserving electricity than they do water.

the country's most important natural resource, says Dave Harper with the B.C. Conservation Foundation.

"Water's all around us so we think we have ... (endless) availability, but there's a disconnect between the actual value of water and what people ... think they consume," Harper said.

"What it really comes down to is realizing that water is a finite resource."



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from
\$29

the
Philanderer
By George Bernard Shaw
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Four-legged friends need help in Japan

The tragedy in Japan not only affected the lives of countless people, but also their four-legged companions.

Vancouver Green park commissioner Stuart Mackinnon is urging Vancouver residents to remember the animal victims of the Japan disaster. Mackinnon says people can make online donations to the Animal Refuge Kansai in order to help animals in Japan.

For a full version of this story, go online to metronews.ca/vancouver.

MEAGAN GILL



Constructing green homes

Vancouver unveiled the second house in its new pilot project yesterday aimed at reducing landfill waste and creating green jobs through home deconstruction.

Mayor Gregor Robertson said deconstruction salvages, recycles and reuses construction materials that usually end up in a landfill. The city helped find houses for the project so they can analyze how much waste is diverted from the landfill.

The first house project managed to save 93 per cent of materials. For a full version of this story, visit metronews.ca/vancouver.

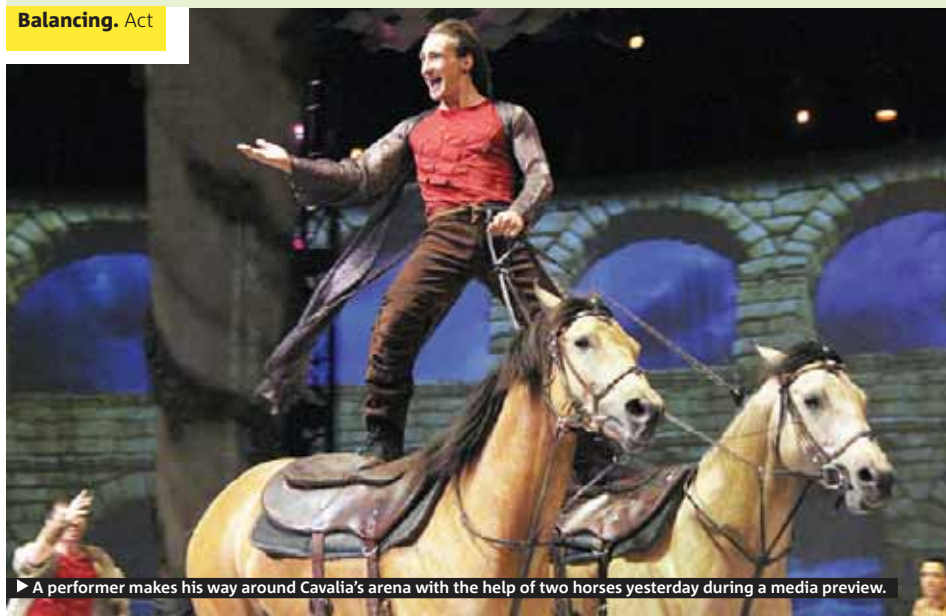
PHYLICIA TORREVILLAS

Who's the greenest of them all? Vancouver

While the rest of the country may be green with envy, Vancouver is leading the climate change charge.

World Wildlife Fund Canada released a list of the 10 top Canadian cities in terms of greenhouse gas emission reductions, municipal targets, green building codes and green

Balancing Act



A performer makes his way around Cavalia's arena with the help of two horses yesterday during a media preview.

NATALIE KAUR JOHAL/FOR METRO

Cirque du Soleil's Cavalia opens today in the city

Cavalia, which opens today under the big top at the Olympic Village, features a cast of almost 50 statuesque horses and 33 human performers. The show, created by Cirque du Soleil co-founder Normand Latourelle, celebrates humankind's relationship with horses and their historical bond. Organizers announced that the show would be extended by another week, to April 17.

Frustration as some hikers avoid signs

- Two hikers needed rescuing off Grouse Grind in last week
- Grind closed for winter because of hazardous conditions



MATT KIELTYKA
@METRONEWS.CA

Hikers continue to put their lives on the line and the Metro Vancouver regional district is getting fed up.

Despite clear signage and fencing indicating the famous Grouse Grind hiking trail is closed for the

winter, two over-eager people needed to be rescued over the last week after they jumped the fence and tried to tackle the mountain ascent anyway.

"It does get a bit frustrating that people continue to use the trail," said Metro Vancouver spokesperson Bill Morrell. "This is despite extensive signage at all points, and we're not even

talking about small signs. These are unmissable but people are clearly ignoring the closure."

The Grind is closed in the off-season for a reason, said Morrell.

The steep terrain is covered in snow and ice at higher elevations and isn't safe to climb even for people that are well equipped.

In 1999, a hiker from On-

tario was killed after he and five other hikers were swept up in an avalanche on the closed Grind.

"No amount of exercise is worth risking your life," said Morrell. "The Grind is closed for a reason, we do it for public safety."

Morrell said irresponsible hikers are also putting their rescuers' lives at risk through their actions.

News in brief

Surrey hospital expansion launched

PROJECT. Premier Christy Clark launched the \$512-million Surrey Memorial Hospital expansion project yesterday that will benefit families across the Fraser Valley. It includes 151 new patient beds and a larger emergency department.

PHYLICIA TORREVILLAS

Charges laid in crash that injured children

CHARGES. The Crown has approved a dozen charges against the driver of a Jeep that plowed through a group of children in Kamloops last night, injuring four of them. A group of six children between the ages of 12 and 14 were hit, with one child suffering severe head and facial injuries. **THE CANADIAN PRESS**

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news



News on the move

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- 3 The codes will direct your mobile browser to relevant content at m.metronews.ca

On the web at metronews.ca



As catastrophe and unrest dominate headlines, investors look to earnings season. Allan Small has more at metronews.ca/investing.



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Leaders apologize for botched investigation that haunted town for decades. Scan code for story.

HOUSE OF COMMONS

Committee finds Tories in contempt

A House of Commons committee has passed a report recommending the Harper government be found in contempt of Parliament.

The report condemns the government for refusing to fully disclose cost estimates for its tough-on-crime agenda, corporate tax cuts and plans to

purchase stealth fighter jets.

But the Conservatives may yet dodge a formal finding of contempt before an election, which could be triggered by today's budget votes or a Liberal non-confidence motion Friday.

Ordinarily, MPs would be asked Thursday whether they concur with the 12-page report. But the government has procedural tricks up its sleeve that could postpone a vote on the report for a week or more. **THE CANADIAN PRESS**

Nuclear botch may last weeks

Officials raced yesterday to restore electricity to Japan's leaking nuclear plant.

Restoring the power to all six units at the tsunami-damaged complex is key, because it may power up the maze of motors, valves and switches that help deliver cooling water to the overheated reactor cores and spent fuel pools that are leaking radiation.

5 The World Bank says Japan may need five years to rebuild from the disasters.

Ideally, it should only take a day to get the Fukushima Dai-ichi nuclear plant under control. In reality, the effort to end the crisis is likely to take weeks.

THE ASSOCIATED PRESS

Commons OK's war mission in Libya

HANDOUT/THE CANADIAN PRESS



► Cpl. Yan Tremblay of CFB Bagotville, Que., fuels a CF-18 Hornet before it takes off from Trapani, Italy, yesterday.

► MPs mull over lessons learned in Afghanistan ► 'Moral duty' asserted

The Harper government rallied opposition parties to "war" yesterday, casting Canada's military intervention in the Libyan crisis as a moral imperative.

A House of Commons debate took place within hours of the air force carrying out its first combat patrol to enforce the UN-mandated no-fly zone over the embattled country.

But the continuing war in Afghanistan and its political divisions cast a long shadow over MPs as they weighed the complexity of the international community's goals in Libya.

Defence Minister Peter MacKay said the atrocities of dictator Moammar Gadhafi could not go unanswered.

"This government along with the international com-

munity cannot stand idly by," said MacKay, who opened debate on a motion to approve the deployment of military forces.

Gadhafi, by "labelling his opponents as traitors and directing his forces to bomb and shell civilian population centres without mercy ... (means) we are compelled to intervene, both in a moral duty and by duty of NATO and the United Nations."

MacKay couldn't say how long the no-fly mission would last, but said no one wants to have forces in harm's way any longer than necessary.

The motion, which sources said was the subject of feverish back-room drafting among the parties, passed unanimously late last night. **THE CANADIAN PRESS**

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'I hope it's passed'

► Finance minister promises 'very good measures' in today's budget ► Focus likely on eliminating deficit

Ottawa could have as much as \$3 billion in extra revenue in today's budget to use either to entice voters in a spring election — or ward one off.

Finance Minister Jim Flaherty offered few clues to the contents of the Conservative budget yesterday, though he did say it will contain some new spending for families and job creation. But the focus remains on eliminating the deficit by 2015-16, he said.

Flaherty and other ministers have broadly hinted at several measures that will likely make it into the budget. They include help for seniors without pensions; a tax credit for parents who enrol their children in artistic activities; and measures to help veterans make the transition to civilian life.

Economists who met privately with Flaherty two weeks ago say he has about \$3 billion that

wasn't there at the time of the economic update last fall thanks to faster than expected economic growth.

As well, the deficit is projected to shrink to less than \$40 billion by the end of the year, rather than the \$45 billion projected previously.

All three opposition parties have issued their conditions for supporting the budget. But even if Flaherty does satisfy one of the parties, the government could still fall this week on a non-confidence motion built around a contempt of Parliament citation for



"One of the goals is to move back to a balanced budget and at the same time make some investments to promote economic growth, jobs."

JIM FLAHERTY, FINANCE MINISTER

concealing the true costs of the F-35 jet and justice programs. **THE CANADIAN PRESS**

Market moment

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32915 South Fraser Way
2142 Clearbrook Rd.
2602 Mt. Lehman Rd.
32465 South Fraser Way
2140 Sumas Way

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26310 Fraser Hwy

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Crystal Square
Lougheed Mall
Metrotown/Metropolis
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Chilliwack

Cottonwood Mall
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45905 Yale Rd.
7544 Vedder Rd.

Cloverdale

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Coquitlam

Coquitlam Centre
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3000 Lougheed Hwy.
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1071 Austin Ave.

Delta

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7235 120th St.
1517 56th St.

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ATTENTION CUTE COUPLES: GET A ROOM

She says ...

**JESSICA
NAPIER**



So spring is officially here and with the warmer weather comes longer days, fewer layers of clothing and increasing sexual appetites, better known as spring fever.

Now don't get me wrong — I'm a big fan of temperate nights and flirtatious activity. But when a budding new romance turns into a public groping session it's time for an intervention.

Yes, I'm talking about you, the PDA-perpetrators who treat every park bench like your own private boudoir. Public displays of affection are like cheap cologne — tolerable in very small doses but utterly nauseat-

ing in large quantities.

We've all been there. When a new relationship begins every moment together is so magnificent that you get caught up in your own little world. Every brush of your fingertips is magical; even a peck on the cheek is electric.

But while you might think your amorous conduct is endearing, the rest of us certainly don't agree. When you're in new-couple mode it's easy to forget that the people around you don't want to be an audience to your heavy breathing and earlobe nibbling. So please, stop sitting on the same side of the booth at restaurants and spoon-feeding

each other dessert — this kind of behaviour isn't appetizing for your fellow diners.

Passionate antics like this might be acceptable for teenagers; after all, they have nowhere else to snuggle but in the back row of a movie theatre. But come on people, most of you have your own homes or at least your own bedrooms where you could partake in the

sexy early stages of your blossoming romance.

Maybe I should relax. I know these lovey-dovey couples aren't really doing me any harm ... other than maybe upsetting my stomach a little. But when the

participants in a hormonally charged PDA session are anyone but you, broadcasting this kind of intimacy seems pretty disgusting. It's hypocritical but true.

So if the onset of springtime temperatures has you feeling frisky I have just one request for you, don't do anything on the bus you wouldn't do in front of your parents.

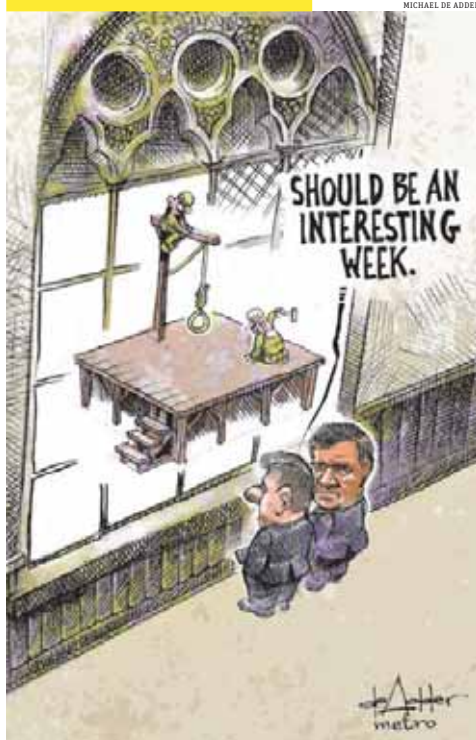
I know you're enamoured with each other but remember, grocery stores, libraries and other public places are not an ideal venue for foreplay. Let's agree to keep our hands (and our tongues) to ourselves this season for the sake of each other's gag reflexes.

"... but remember, grocery stores, libraries and other public places are not an ideal venue for foreplay."



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon



The little bird that flew

Worth mentioning

It took about 18 months for Twitter to go from its first tweet — sent five years ago yesterday — to getting 500,000 users.

Now, an average of almost 500,000 new accounts are registered each day.

It took three years, two months, and a day for a user to send the billionth tweet across the massively popular social media service. Now, one billion tweets are sent every eight days.

"Over these years, Twitter has matured and made an impact in the areas of social responsibility, politics, sports, media, and more," the company wrote in a blog post yesterday, celebrating its fifth

Tweet, tweet



anniversary.

Twitter has grown into an online behemoth with unquestionable influence not only in the digital world but offline, too.

Just ask reporters on Parliament Hill, who were more than a little surprised in February when the prime minister's spokesman announced a trip to Washington to

meet with U.S. President Barack Obama. Not by press release, or during a press conference or scrum, but by tweet.

Twitter has grown so big, so fast that it's now struggling just to keep the dreaded fail whale (a cartoon whale that pops up when Twitter goes down) from appearing before users. **THE CANADIAN PRESS**

Has Twitter changed your Internet habits? How?

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Metro Minute with Toxic Optimism

PsychologySalon presents a forum by Your Depression Map author Dr. Randy Paterson tonight about the downside of positive thinking. Paterson will explain why being optimistic is not always the best thing to do and thinking happy thoughts may even result in personal problems.

This discussion will also shed light on when pessimism, optimism or real-

ism might be of good use in a given situation; the relationship between optimism and denial, and learning if optimism could cause a catastrophe. Catch Toxic Optimism tonight at 7 at UBC Robson Square, 800 Robson St. For tickets, call Changeways Clinic at 604-871-0490 or email workshops@changeways.com.

● **PHYLICIA TORREVILLAS**



► Dr. Randy Paterson, director of Changeways Clinic, will explain tonight how having sunny optimism may not be the best thing for you.

2
scene

Scene in brief



The U.S. Supreme Court will not involve itself in a fight between rapper Eminem's former production company and Universal Music Group over downloads of the entertainer's songs and ringtones.

The high court refused on Monday to hear an appeal from Universal Music Group.

THE ASSOCIATED PRESS



Secret to Dancing With the Stars' sparkle? Dozens of dazzling custom-made costumes

- ▶ Classified's new album *Handshakes and Middle Fingers* drops today
- ▶ Album features guest appearances from Jim Cuddy, Brother Ali and Joe Budden
- ▶ 22-date Canadian tour will kick off on Thursday



▶ Rapper Classified still lives in his home town of Enfield, N.S.

The sound of Class



ALY THOMSON
SCENE@METRONEWS.CA

As a 14-year-old, Luke Boyd could often be found hitchhiking through the small town of Enfield, Nova Scotia, listening to RUN DMC's *Tricky* on his walkman and dreaming of making it big.

Nearly 20 years later, Boyd is better known as Canadian rap sensation

"I think at the end of the day, the passion is what makes the music special it's the passion what makes the good stuff"

LUKE BOYD, A.K.A. CLASSIFIED

Classified. With more than 15 years of writing, recording, mixing and touring under his belt, the rapper is back with his 12th studio album, *Handshakes and Middle Fingers*.

Classified said the al-

bum is about "balance, the ying and the yang and the gift and the curse." The 15-track album talks about family, life changes and the music industry.

"I can't talk about just hip hop music all the time.

It was just kind of getting old to me," he said, tipping back his black thick-rimmed hat. "You got to have that flip side so that people who necessarily aren't into hip hop or care how dope you are have something to relate to."

Although *Handshakes* isn't all about being the best MC, the album is still undeniably "Classified."

"I make music I like so

at the end of the day, it's going to all have that feel that sounds like Class."

The "Class" sound is made even more authentic through his isolated recording process.

"Ninety-five per cent of the time it's just me in the studio hitting record, making the beat and writing all the music," said the 33-year-old. "I take a lot of pride in that."

The album's first single, *That Ain't Classy*, calls out music industry's stars, declaring them "wannabes" and "self centered weirdos."

But Class wouldn't single anyone out.

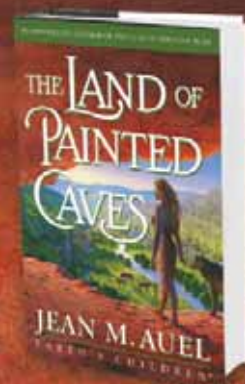
"For those people, if it sounds like you in the song, then it's about you."

Despite his recent national fame, Classified holds true to his roots. The rapper still lives in Enfield with his wife, Kim, and two daughters — two-year-old Taylor and eight-month-old Kayla.

The long-awaited sequel to *Clan of the Cave Bear* is finally here!

JEAN M. AUUEL THE LAND OF PAINTED CAVES

IN STORES MARCH 29. Read the first chapter TODAY at RandomHouse.ca



Will Emilio have to 'off' Charlie?

► Estevez jokingly compares his situation with brother Charlie Sheen to that of Michael and Fredo Corleone in *The Godfather: Part II*

Charlie Sheen's antics aren't all that entertaining to his brother, Emilio Estevez, who says he may need to find a creative way to deal with his wayward sibling.

"There's that thing in *The Godfather: Part II* of, 'I love you, Fredo, you're my brother, but don't ever take sides with anyone against the family,'" Estevez says, according to *Hollyscoop*.

"Then Michael Corleone has to have Fredo 'taken out' on the boat. There are times, like these, when I want to take Charlie out for a boat ride. Charlie should know that he might have a boat ride in the future. Someone's got to be Michael Corleone." **● METRO**



► Martin Sheen, left, is pictured with son Emilio Estevez.

CARLOS ALVAREZ/GETTY IMAGES

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Wellness in brief

Got 20 minutes and a pair of running shoes? You can train for your first 10K run in 10 weeks. The thought may be intimidating, but if you start small and build, it can be quite easy. The first week, for instance, you would walk/jog for 20 minutes three times a week. On Sunday, you'd run for 15 minutes. On week two, you would add five minutes here and there, and then you'd keep building your jogs by five or 10 minutes each week.

CELIA MILNE



More 'average guys' are turning to cosmetic surgeons for fountain of youth



► With the weather getting better, it may be the time to buy some new running shoes and go for a jog.

Running not bad for your joints: Study

► Pounding the pavement gets a thumbs up ► Osteoarthritis not an issue if you run the right way and wear good shoes ► Regular running provides numerous health benefits



CELIA MILNE
WELLNESS@METRONEWS.CA

Worried running will ruin your knees and hips?

Many people avoid running because they think it causes wear and tear on their joints, especially as they get older. But the medical literature doesn't support the idea that running causes osteoarthritis.

"Running moderate distances at moderate speeds is not likely to cause joint arthritis, espe-

cially if one runs in good running shoes and uses good running technique," says Dr. Stuart Willick, an associate professor at the University of Utah Orthopaedic Center in Salt Lake City.

Willick and colleagues gathered all published studies that explored a possible link between running and osteoarthritis.

They found that several things put people more at risk for osteoarthritis as they age: Being over-

Running tips

Here are Willick's tips on preventing joint damage from running.

- When starting a running program, increase mileage and speed gradually.
- Consider getting a running evaluation to make sure your running gait is sound.

weight, prior injuries to the knees or hips, and heavy manual labour are

- Wear the right running shoes for your feet and running style.
- Get new shoes every 321 to 482 km.
- Run on soft surfaces.
- Cross-train. Work on flexibility, strength and endurance.
- Rehabilitate all running injuries completely.
- Maintain optimal BMI and nutritional status

riskier for the joints than pounding the pavement. Jogging got a thumbs up.

"Running is a great form of cardiovascular exercise," Willick told Metro. "Cardiovascular and resistance training have numerous benefits, including for the heart, lungs, blood vessels, bones, joints, muscles and brain."

Older runners tend to be healthier than non-running counterparts, the study found.

They published their review last year in the journal Clinics in Sports Medicine.

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Toll Free: 1-866-724-0003

ACREU

University Health Network

Do you have Type 2 Diabetes?

The University of Victoria, Centre on Aging, Ladner Office, is conducting important research on self-management programs and needs individuals over 21 who live with Type 2 Diabetes for their study.

Programs available in various Lower Mainland locations. A remuneration will be provided.

If you would like to receive the program and participate in the study please call:
Natalie Gauthier at 604.940.9496
or by email: n.gauthier@eastlink.ca



University of Victoria Centre on Aging

Specialty burger bar preps up Granville St.

► You'll want to try all of Stackhouse's creations

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

According to Mark Twain, "sacred cows make the best hamburger." If this theory, posted on Stackhouse Burger Bar's website, pertains true to other meat, the eatery's Dungeness crab — the centrepiece of my blissful mini burgers — must be from the promised land.

Despite each of the tempting menu options, Crab Sliders (\$14) were an easy pick.

Each of the mini brioche buns — buttery and sweet like croissants — was toasted and doused with a rich, house made miso aioli. The perfectly grilled, panko breaded crab cakes (dabbed with



► Crab sliders and mesclun salad.

extra aioli) were topped with a scattering of candy-like fried leeks.

Stackhouse's bright, ultra-stylish interior is enrapturing like its menu, which also includes a Euro Dog (topped with garlic chips on a brioche bun), Deep Fried Ice Cream (wrapped in brioche dough, served with Kahlua chocolate ganache) and, of

course, Poutine — a must-have in the entertainment district they call home.

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1224 Granville St.
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LOVE
GROWS
IN HOME
DEPOT

Names:
Rachel, 26, and
Jason, 24
Current city:
Ottawa
Together since:
2006



► Rachel and Jason's love story began at a Home Depot.

but he was known as a huge flirt so I didn't take him too seriously.

A few weeks later, Jason started slipping me notes as he walked past my cash on his way to his department in the store.

Those notes soon turned into emails, which turned into our first date — during which he was called upon to defend my honour, save me from a baby skunk, and wake my mom up at 3 a.m.

(I forgot my keys!).

Even with all that drama, he stuck around!

We're now engaged, living together and planning our 2012 wedding. And Jason's not just a great fiancé — he's also an amazing co-parent to my seven-year-old son. We're both so lucky to have found Jason!

**WE WANT TO KNOW
HOW YOU MET! GO TO
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SUBMIT YOUR LOVE STORY**

Jason and I (Rachel) met at the Home Depot where we both worked at the time.

One day, while I was working cash in the garden centre, he came over and started flirting.

I thought he was so cute,

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PACIENZA
& DEREK
CHEZZI**
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It seems our couple friends are always dropping by our condo unannounced after work and we inevitably end up feeding them. Ordering takeout is beginning to take its toll — on the wallet and the waistline. Help!

Angela says ...

This is the price you pay for being so darn great. Ask your friends to split the cost of takeout, if you haven't already. Or have them take turns in your kitchen. It might turn into a fun, regular event. You

could always start texting your friends around the time they're set to arrive with a shopping list of ingredients they should pick up on the way over. They'll either get the hint, or dive right in and create some gourmet meals for you.

Derek says...

Great food brings good friends together. My father-in-law is a great cook who loves to throw parties. His go-to meal for an impromptu gathering is pasta. It might seem like an obvious choice, but it's fast, cheap and you can keep a handful of ingredients on hand at all times for a variety of savoury options. (Share your recipes with us on Twitter @smugmarrieds.)

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²Example is based on a \$250,000 mortgage at 6.00% APR on a 5-year fixed rate term. *Registered trade-marks of Bank of Montreal.



ON MONEY

ALISON GRIFFITHS
MONEY@METRONWS.CA

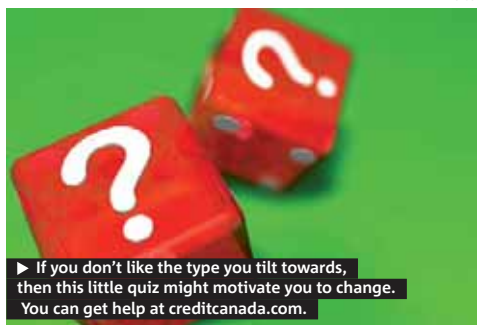
What's your money personality? Laurie Campbell, executive director of Credit Canada, a not-for-profit debt and credit counseling charity, slots spenders and savers into five categories.

Take the quiz and see how where you fit.

Question No. 1

- I'm afraid of running out of money before I die
- I save money with no specific goal or purpose
- I don't improve my standard of living because I don't want to spend money
- I often find myself grumbling about the cost of living

If you answered yes to two or



► If you don't like the type you tilt towards, then this little quiz might motivate you to change. You can get help at creditcanada.com.

more of these then classify yourself as a:

TIGHTWAD
Question No. 2

- I have haphazard spending habits
- I feel tomorrow may not come or doesn't matter so I spend today
- I don't save for emergencies, major purchases or the future
- I have lots of credit available and debt that never seems to diminish

If yes to two or more then your money personality tends to be:

SPENDTHRIFT

Question No. 3

- I set goals and have a financial plan for the future
- I have a budget and I make adjustments as my life changes
- I live within my means
- I keep my debt to a minimum

Do two or more fit you? If so

then you are a:
GUARDIAN
Question No. 4

- I have big dreams and I'm tempted into get-rich-

quick schemes

- I have no savings and pay for most larger purchases with my credit card
- I have no budget and don't track what I spend
- I like to take financial chances and hope my ship will come in to pay them off

If two or more fit you then you are a:
GAMBLER

Question No. 5

- I have financial goals and a general plan
- I try to make regular RRSP/RESP contributions but am not always successful
- I have moderate to heavy debts but also some savings
- I believe a budget is a good idea but don't have one

Two or more yeses means that when it comes to money types you are a:
WORK IN PROGRESS

Fun and Frugal

LESLEY
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HAVE KIDS, WILL SAVE

Raising a family is expensive. Households with children spend approximately 20 per cent more on food, clothing, shelter, and entertainment when compared to households without children.

Parents can ease the financial burden by accessing helpful tax credits.

Most helpful is the Child Tax Credit which is \$2,101 per child under 18 years of age. This equates to approximately \$315 in federal tax savings per child. If the credit can't be used by one parent to lower payable taxes, the amount can be transferred to a spouse or common-law partner.

Regardless of household income, the Universal Child Care Benefit (UCCB) is also available to families

with children under the age of six. The benefit works out to \$100 per month and it is taxed on the return of the parent with the lower income. If you're a single parent, you can claim this benefit in the income of the child for whom you are claiming an amount for.

Lower income families have access to the Canada Learning Bond which provides \$500 at birth for children whose families are entitled to the National Child Benefit Supplement. So long as the family qualifies, they will receive an additional \$100 bond each year until the child is 15 years old.

Keep your receipts for all relevant tax credits and benefits. Visit the Service Canada website for more information servicecanada.gc.ca.

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► Second careers are becoming more common ► If you've been out of school for some time, the prospect of a second career can seem daunting ► There are a number of federal and provincial programs to help you make the leap



Paying your way

- The Lifelong Learning Plan (LLP) is provided by the Canada Revenue Agency and allows you to draw funds from your RRSP to finance training or education. Visit the CRA site at cra.gc.ca.
- For federal apprenticeship incentive and completion grants, applications are online at service-canada.gc.ca, or call toll-free 1-866-742-3644.
- To find Continuing Education Classes in British Columbia start by contacting the post-secondary education institution of your choice.
- For a list of all B.C. universities, career colleges and community colleges that offer continuing education courses, visit Canada's Higher Education and Career Guide at canadian-universities.net/index.html and type Continuing Education British Columbia into the search engine.
- Or check out the Vancouver School Board Continuing and International Education at continuing.ca.



**DUNCAN
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When Janet Fleet lost her job as a receptionist and was unable to find employment, she decided to go back to school for a new set of skills.

She completed the Continuing Care Assistant program and is now gainfully employed in the field.

"I am very satisfied with the career choice I decided to take. It's very rewarding and I would recommend people who are looking for a career to go into something like

that," says Fleet.

The reality of Canada's "great recession" is that for two years a million and a half Canadians have been unemployed and many are working in poorly-paid, part-time jobs.

As a result, laid-off workers are seeking new ways to improve their skills or retrain for a completely different career.

At the same time, not everyone retrains because of job loss.

Career-oriented employees are constantly upgrading, looking to advance their careers and stay current with the lat-

est practices in their fields. Some are just looking for a fresh start; it's not uncommon to switch careers these days.

There are a variety of options to upgrade your skills, ranging from on-the-job training, courses and apprenticeship programs, to starting your own business.

As part of Canada's Economic Action Plan in 2009, an additional \$1 billion was invested over two fiscal years to respond to increased demand for training programs because of higher unemployment resulting from the economy.

Government training programs are a great place to start. Depending on your province, Employment Insurance (EI) programs and training may be administered by the federal government, provincial government or a combination of both.

For example, the federal apprenticeship incentive grants are designed to attract and encourage apprentices to complete their training.

Eligible apprentices could receive up to \$4,000, which can be used to pay for tuition, travel, tools and other expenses.

The B.C. Job Opportuni-

ties Program is one of three community development trust programs formed to create job opportunities for unemployed resource workers.

According to their website, "The Job Opportunities Program is making a difference in the lives of resource workers, their families and their communities in many parts of British Columbia."

In 2008, the Second Career program was launched by the Ontario Ministry of Training, Colleges and Universities.

It would provide up to \$28,000 to eligible, laid-off workers to cover tu-

ition and living expenses as they retrain for new jobs.

Unfortunately, a number of these government training programs' funds are drying up this year. The B.C. Job Opportunities and Transitional Assistance programs are closing at the end of the month, as well as Ontario's Second Career program.

However, there are still numerous alternative funding schemes available to individuals, companies and unions to deal with the costs associated with training, retraining and education.

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If you're a newcomer to this country, chances are you've got a built-in skill to pass on to Canadians — your mother tongue.

But making an extra buck teaching your native language may not be as easy as you think.

"Just because you can speak a language doesn't mean you can teach it," says Raffaele Pecoraro, a trilingual (English, Italian and Spanish) teacher at the Han Language Centre in Toronto.

"Teaching experience is very important."

That said, it's not impossible for a relative novice to get a position teaching in one of Canada's private language schools.

The Han Centre offers courses in German, Russian, French, Spanish, Ital-

ian, Arabic, Mandarin, "almost anything if we can find a teacher for it," says Pecoraro.

Living Spanish, too, prefers to hire teachers with some experience, says Rosa Maria Tortorici, a teacher in Venezuela before starting the Living Spanish school in 2006.

She gets lots of calls from Spanish-speaking immigrants keen to teach their language.

Many are trained professionals who want to teach Spanish to help them through the "transition" period before they land a job in their field, says Tortorici.

While the school prefers experienced teachers, it has trained novices on occasion. "But that's mostly for the cultural component rather than the grammar component," says Tortorici (the school offers cooking and other cultural classes in addition to language courses).

If you've taught in another country and want to teach your native language in a publicly funded school in Ontario, you will likely first have to take upgrading courses. At some point in the process, you can obtain a temporary teaching certificate that allows you to teach while completing required courses.

It's been Tortorici's experience that it can take upwards of a year for newly landed teachers, like herself, to get accredited in Ontario. It appears it's a similar story at school boards across the country.

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Parlez-vous Français?

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PAULINE ANDERSON
LIFE@METRONews.ca

Your kids are learning French, so why don't you?

French immersion programs that were introduced into Canadian schools in the 1970s have been deemed a huge success.

If you're keen to become fluent in Canada's other official language, there are a number of routes to choose from. One option is to combine learning French with a vacation.

The University of Western Ontario's Trois-Pistoles French Immersion School offers a one-week program for adults.

You stay with a French Canadian host and drink in the charms of this small Québec town on the lower St. Lawrence.

In the Maritimes, the Université Sainte-Anne, set on the shores of Saint Mary's Bay in Nova Scotia, offers a five-week immersion program in the spring and summer.

It's the only immersion program in Canada where the staff lives on campus with the students. You can earn university credits while you're at it.

For year-round intensive French language classes, there are several schools to choose from.

Check out Edu-Inter in Québec City, École de langues de l'Estrie in Montreal or Ottawa, the Canadian Language Exchange Center in Montreal, Toronto, or Vancouver, Cactus in Montreal and Québec City, Little Sorbonne Language School in Vancouver, or one of the nine Alliance Française locations across the country.



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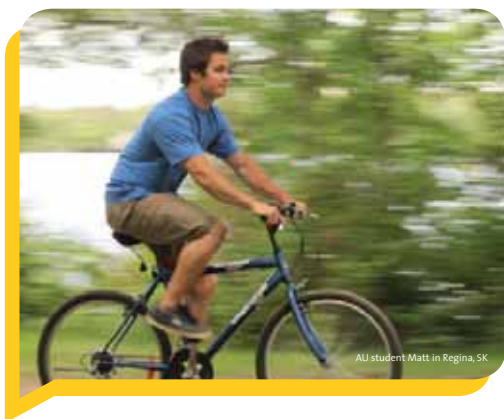


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CYNTHIA DAVID
LIFE@METRONews.CA

On the first day of summer school in China's Zhejiang province, my 30 teenage students recited their English names. Among them, Vera, Phoebe, Sofia, Baron, and Iverson, who wore a basketball shirt bearing his hero's name and number. Another class had cousins named Easy and Crazy.

I was green as a leaf after two semesters of George Brown's ESL teacher training program. The annual trip is a perk for graduates deemed adaptable enough to survive a month in China.

Nobody mentioned we'd be awakened by firecrackers at 4:30 a.m. for

days on end, part of the ritual as the villagers nearby buried their dead.

Or that once the typhoon passed, the heat would be so oppressive it

was impossible to move without being drenched in sweat.

From our dorm room balconies, we watched men in bare feet, trousers

hiked up, working the flooded rice paddies with plows drawn by water buffalo. On Sundays, women washed clothes in a stream, though 10 min-

utes away they could buy an electric washing machine in the bustling metropolis of Yue Qing.

We'd duck down beside

the cafeteria window at mealtimes and point to stainless steel pans of mystery meat, scooped by young women wearing thick white surgical masks behind the glass.

In the hallway, my little girls chattered like birds, yet I had to practically press my ear to their mouths to hear them in class as they shrank into their seats.

To draw them out, I played every game and taught them every pop song I could muster, while trying to interest them in co-ordinating conjunctions and find vocabulary that related to their lives.

Five girls crowded around to talk one day. The boldest, Fei, who'd been Claire until I said her Chinese name sounded lovely in English, said she'd never spoken to a foreigner before, or walked beside one.

Another day, the class monitor informed me the material was too easy, and they'd rather hear about me.

"But I'm supposed to be teaching writing," I protested.

"Yes, but we won't tell," she said.

That's how I ended up describing polar bears and snowy mountains to a rapt audience, along with the world's tallest tower and maple sap dripping from trees and 283,000 Chinese in Toronto alone, and how on the subway you can hear people speaking languages from every country in the world.

You have to be flexible to teach ESL abroad, I learned, but the rewards are priceless.



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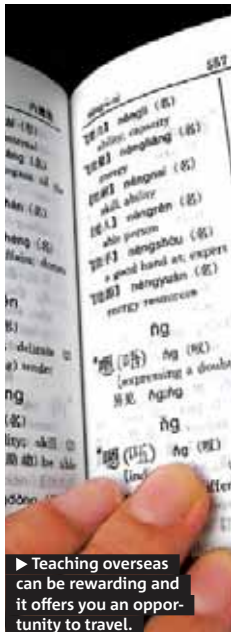
Thursday, March 24, 2011, 5:30 - 6:30 pm
Kwantlen Polytechnic University, Richmond Campus, Rm 1360
8771 Lansdowne Road, Richmond

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► Teaching overseas can be rewarding and it offers you an opportunity to travel.

The world is your oyster, but it's hard work



CYNTHIA DAVID
LIFE@METRONews.CA

Looking for a job where you can travel the world while getting paid, or stay home and have the world come to you?

Teaching ESL, or English as a Second Language, may be for you.

TESL Coordinator Irene McKay of Toronto's George Brown College, says she recommends ESL to anyone who loves to interact with

people and learn about other cultures.

But there are a few things she'd like potential teachers to know.

"The job is physically challenging and demanding," McKay said. "If you're teaching five to six hours a day it takes a lot out of you, and you have to be well prepared to keep your students motivated and stimulated."

In Vancouver, veteran teacher trainer Tillat Khalid of Global Village says teach-

ing English also requires dedication.

"You can't just waltz into a classroom and wing it talking about last night's hockey game," said Khalid, who warns against expensive quickie ESL courses that may not get you a job. "And you can't finish work and go home and forget about it."

Despite the downside, neither woman can imagine a profession more gratifying.



► When it comes to ESL teaching, you can't walk into class unprepared.

Literacy: never too late

- Adults who struggle to read develop tricks to keep anyone from noticing
- There are programs to help anyone learn more at any level



Brian Armstrong, a 37-year-old businessman, has a secret he's willing to share. Until age 23, one of the few things he could read was a menu, and even that wasn't always correct. If it hadn't been for an insightful and determined "former biker" friend, he'd still be that way.

Hardly anyone knew, because Armstrong became an expert at cover-up — timing bathroom breaks in meetings so that when a written report came around to him he wasn't there to read it, and having two sympathetic staff who, unasked, concealed the truth from others.

After Armstrong's struggle was discovered, he was given a strict regimen by his friend — reading five pages a day, highlighting what he didn't understand, and journaling on every-

thing from getting up to shaving to brushing his teeth.

"But he never belittled me, or made me feel stupid," Armstrong recalls.

Armstrong's literacy problems began in elementary school, thanks to an abusive home life, illness and a school system that didn't push him to the next level. By Grade 8, he was so far behind, he quit school.

It's not an unusual story — considering that 42 per cent of Canadians have low enough literacy skills that they can't fill out a medical form, and of those, 15 per cent function at the lowest level.

But the veil of secrecy has most believing they're alone with this problem and unable to scrounge up the courage it takes to ask for help, says Adrienne Laughington, coordinator at Edmonton's Centre for Family Literacy.

Although the Literacy Centre occasionally adver-



tises on radio, buddies with other community programs and puts up easy-to-read posters, Laughington says "the best advertising is through word of mouth."

We have a learner right now who is recruiting his friend to join our program."

While Armstrong's

transformation was "painful," he says it was worth it.

"Developing a habit of highlighting words I don't quite grasp has given me a deeper understanding of how to use words and my dream is to one day write a book," Armstrong said.



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4
sports

Quoted



"The suspension is warranted because that's exactly the kind of hit we're trying to get out of the game."

PITTSBURGH PENGUINS GM RAY SHERO ON THE NHL'S DECISION TO SUSPEND PITTSBURGH'S MATT COOKE, ABOVE, FOR THE REST OF THE REGULAR SEASON AND FIRST ROUND OF THE PLAYOFFS AFTER HE ELBOWED RANGERS DEFENCEMAN RYAN MCDONAGH IN THE HEAD.

Malhotra's season over

- ▶ Eye injury will keep Canucks' top faceoff man out of playoffs
- ▶ There are concerns about 'possibly permanent vision' damage

The Vancouver Canucks have lost veteran centre Manny Malhotra for the rest of the season with a serious eye injury.

Malhotra was injured last Wednesday against Colorado when a pass deflected off the stick of Colorado defenceman Erik Johnson into his eye.

The 30-year-old, who does not wear a visor, needed surgery that night and questions remain about the long-term quality of his vision.

"Following an initial procedure and continued treatment, it has been determined through consultation with team doctors and specialists that Manny Malhotra will not return to the Canucks lineup for the remainder of this regular season and playoffs," the team's statement said.

Losing Malhotra is a serious blow to the NHL's leading team.

Malhotra was signed to a three-year, \$7.5-million free agent contract last summer to anchor a checking line. He was second in the NHL on faceoffs and key to Vancouver's



▶ Manny Malhotra won't play again this season after suffering an eye injury.

improved penalty killing.

Malhotra, who had 11 goals and 30 points in 72 games, had a large white bandage over his face as he left a meeting with some of his teammates before practice Saturday.

The Canucks said there would be no further comment, but NBA star Steve

Nash, Malhotra's brother-in-law, said later Saturday afternoon there is concern about "possibly permanent vision" damage.

"That's scary," the Victoria native said at half-time of the Major League Soccer debut of the Vancouver Whitecaps, a team he partially owns.

"I know he's a very tough guy and a great person, but we're all just thinking about him and really worried and hoping he can come back, not only to play hockey but just get his vision back and be comfortable and live the life he deserves to live."

THE CANADIAN PRESS

Whitecaps' depth to be tested

The Vancouver Whitecaps are putting the euphoria of their MLS debut victory behind them as up to four starters will likely miss their next test.

Jay DeMerit, captain of the expansion franchise and anchor of the back line, is expected to miss Saturday's game against the Union in Philadelphia to play for the U.S. national side.

But coach Teitur Thordarson said after yesterday's training session that wingers Russell Teibert and Davide Chumiento are also unlikely to play due to injury.

And centre-back Michael Boxall is scheduled to leave for China today to join his New Zealand teammates for another friendly.

"That's not ideal but that's the way it is," said the stoic Thordarson.

Chumiento is out with a hamstring injury and is a key loss after orchestrating the first two goals in Saturday's 4-2 win over Toronto.

While their depth will be tested, the Whitecaps will be looking to build off Saturday's win when they face the Union, a second-year expansion team that beat Houston 1-0 in its season opener.

"It's a huge confidence boost and definitely lets us know that we're not here just to make up numbers in this league and we are definitely going to push for the playoffs," Boxall said.

THE CANADIAN PRESS

ALL NEW EPISODE

RICK MERCER REPORT

This week Rick works the Air Canada Centre with Toronto Maple Leafs General Manager Brian Burke.



cbc.ca/mercerreport

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
dx-Philadelphia	71	44	19	4	5	228	190	96	21:10-2-2	23-9-2-2	4-4-1-1	W1
4-Washington	73	42	21	5	5	198	176	94	22-9-2-2	20-13-3-0	9-1-0-0	W1
6-Boston	71	39	22	5	5	213	175	88	16-12-3-2	20-10-2-3	4-4-2-0	L2
Pittsburgh	72	42	23	5	3	213	181	92	22-12-2-0	20-10-3-3	6-2-2-0	W1
Tampa Bay	72	39	22	5	6	214	217	89	22-9-2-1	17-13-4-2	2-4-2-2	L2
Montreal	73	40	26	4	3	200	185	87	22-9-3-3	18-17-1-0	7-3-0-0	W1
NY Rangers	73	39	30	2	2	215	179	82	17-11-1-2	22-13-1-0	6-4-0-0	W4
Buffalo	72	35	28	8	1	214	208	79	16-12-3-1	19-12-5-0	5-3-2-0	L1
Carolina	72	33	29	5	5	201	214	76	19-12-2-2	14-17-3-3	4-5-1-0	W1
Toronto	73	32	31	5	5	192	225	74	17-14-3-4	17-15-2-1	5-4-1-0	W1
New Jersey	72	34	34	3	1	154	182	72	17-12-2-1	17-19-0-1	7-3-0-0	W1
Atlanta	72	30	35	7	202	237	72	15-14-2-5	15-16-3-2	5-4-1-0	L1	
Florida	72	29	33	5	5	182	198	68	15-15-4-4	14-16-0-1	3-4-2-1	L1
NY Islanders	73	28	33	7	5	203	222	68	16-15-1-4	12-10-6-1	5-1-3-1	W1
Ottawa	72	27	36	5	4	164	223	63	13-19-2-3	14-17-3-1	6-4-0-0	W2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
y-Vancouver	73	47	17	4	5	238	172	103	25-8-1-4	22-9-3-1	8-2-0-0	L1
Detroit	73	43	21	6	3	237	209	95	19-11-4-2	24-10-2-1	4-3-2-1	L2
San Jose	73	42	23	4	4	211	191	92	20-11-2-3	22-12-2-1	5-3-0-2	W3
Phoenix	74	39	24	7	4	213	207	89	17-12-4-2	22-12-3-2	6-3-1-0	L1
Los Angeles	73	41	26	4	2	199	177	88	21-12-3-0	20-14-1-2	6-2-2-0	W1
Chicago	72	39	25	3	5	234	203	86	22-14-0-0	17-11-4-4	6-2-1-1	W3
Nashville	73	38	25	6	4	190	172	86	18-9-4-3	19-13-1-1	6-2-1-1	W1
Anaheim	72	40	27	3	2	204	208	85	23-12-1-1	17-15-2-1	8-2-0-0	W3
Dallas	72	38	25	3	6	203	202	85	20-11-2-5	18-11-1-1	5-2-2-1	L1
Calgary	75	37	27	4	7	227	216	85	22-12-1-3	15-15-3-4	4-4-1-1	L2
Minnesota	73	35	30	3	5	185	204	78	17-16-2-3	18-16-1-2	2-6-2-0	L6
Columbus	72	33	29	4	6	195	218	76	16-16-1-3	17-13-3-3	2-5-1-2	L1
St. Louis	72	32	31	4	5	201	214	73	20-12-3-3	12-19-3-2	4-6-0-0	L2
Colorado	71	27	36	7	1	198	250	62	14-17-4-0	13-19-3-1	1-8-0-1	W1
Edmonton	72	23	39	2	8	175	237	56	12-20-1-4	11-19-2-3	3-5-1-1	L6

x — clinched playoff berth; y — clinched division title; d — division leaders; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL or SOL columns.

Last night's results

5-Detroit 4 (OT)

5-Anaheim 2 Calgary 1 (SO)

Sunday's results

1-Montreal 8 Minnesota 1

1-Anaheim 5 Calgary 4 (OT)

1-Chicago 2 Phoenix 1

1-Nashville 4 Buffalo 3 (OT)

1-New Jersey 3 Columbus 0

1-N.Y. Rangers 3 Pittsburgh 2

1-Tonight's games

1-All times Eastern

1-New Jersey at Boston, 7 p.m.

1-Florida at N.Y. Rangers, 7 p.m.

1-Washington at Philadelphia, 7 p.m.

1-Ottawa at Carolina, 7 p.m.

1-Buffalo at Montreal, 7:30 p.m.

1-Penguins 5, Red Wings 4 (SO)

1-First Period

1-Pittsburgh, Dupuis 12 (Conner, Staal) 15:14

1-Pittsburgh, Kunitz 22 (Dupuis, Letang) 19:17

1-Penalties — Ericsson Det (holding) 11:56, Staal Pgh (hooking) 15:42.

1-Second Period

1-Pittsburgh, Dupuis 13 (Staal, Lovejoy) 10:51 (sh)

1-Pittsburgh, Kennedy 17 (Kunitz, Adams) 13:16

1-Detroit, Zetterberg 21 (Cleary, Stuart) 17:41

1-Penalties — Niksenen Pgh (boarding) 9:24, Bertuzzi Det (interference) 18:31.

1-Third Period

1-Detroit, V.I. Phipps 16 (Stuart, Holmstrom) 1:57

1-Detroit, Cleary 24 (Kronwall, Lidstrom) 8:06 (pp)

1-Detroit, Modano 3 (V.I. Phipps, Lidstrom) 10:27 (pp)

1-Penalties — Letang Pgh (cross-checking) 7:00, Kovalev Pgh (holding) 9:08, Kronwall Det (interference) 16:12.

1-Overtime — No Scoring.

1-Penalties — None.

1-Shootout

1-Pittsburgh wins 1-0

1-Pittsburgh (1) — Kovalev, miss; Letang, miss; Neal, goal.

1-Detroit (0) — Bertuzzi, miss; Modano, miss; Cleary, miss.

1-Shots

1-Pittsburgh 8 8 5 4 —25

1-Detroit 11 12 14 4 —41

1-Goal (shots-saves) — Pittsburgh: B. Johnson (W, 11-5-3); Detroit: Howard (15-11), MacDonnell (L, 4-4-2) (13-16 second) (10-10). Power plays (goals-chances) — Pittsburgh: 0-3; De-

troit: 2-4.

1-Referees — Chris Lee, Kevin Pollock. Linesmen — Scott Driscoll, Darren Gibbs.

1-Att. — 20,066 (20,066) of Detroit.

SUNDAY

1-Ducks 5, Flames 4 (OT)

1-First Period

1-Anaheim, Getzlaf 18 (Perry) 1:18

1-Anaheim, Perry 38 (Selanne, Getzlaf) 3:36 (pp)

1-Anaheim, Beauchemin 4 (Koivu, Selanne) 5:49

1-Calgary, Kostopoulos 7 (Stajan, Jermolov) 18:52

1-Penalties — Regehr Cal (hooking) 2:44, McMillan Ana (hooking) 13:43, Perry Ana (boarding) 16:23.

1-Second Period

1-Calgary, Bourque 25 (Glencross, Kostopoulos) 8:04

1-Calgary, Kostopoulos 8 (Staios, Glencross) 16:44

1-Penalty — Blake Ana (high-sticking) 12:08.

1-Third Period

1-Calgary, Iginla 33 (Tanguay, Giordano) 7:10 (pp)

1-Anaheim, Selanne 22 (Getzlaf, Visnovsky) 17:59 (pp)

1-Penalties — Fowler Ana (cross-checking) 5:45, Stajan Cal (hooking) 12:12, Bourque Cal (interference) 16:58.

1-Overtime

1-Anaheim, Perry 39 (Lydman, Getzlaf) 2:38

1-Missed penalty shot — Ryan Ana, 2:34.

1-Penalties — None.

1-Shots

1-Calgary 12 13 14 2 —41

1-Anaheim 9 9 11 4 —33

1-Goal (shots-saves) — Calgary: Kiprusoff (5-2), Karlsson (L, 4-5-5) (5:49 first) (28-26); Ana-

heim: Ellis (W, 19-9-7). Power plays (goals-chances) — Calgary: 1-4; Anaheim: 2-3.

1-Referees — Kelly Sutherland, Dean Morin.

1-Linesmen — Shane Heyer, Jean Morin.

1-Attendance — 15,177 (17,174).

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	38	55	93
Stamkos, TB	43	86	
H.Sedin, Vcr	18	68	86
St. Louis, TB	26	59	85
Perry, Ana	39	40	79
Ovechkin, Wash	29	48	77
Toews, Chi	30	42	72
Kopitar, LA	25	47	72
Zetterberg, Det	20	52	72
Iginla, Cal	33	38	71
Sharp, Chi	34	34	68
B.Richards, Dal	25	42	67
Selanne, Ana	22	45	67
Crosby, Pgh	32	34	66
C.Giroux, Pgh	23	43	66
Nash, Cb	31	34	65
Kesler, Vcr	36	28	64
Ryan, Ana	29	35	64
P.Kane, Chi	24	39	63
Eriksson, Dal	23	40	63
J.Carter, Pgh	33	29	62
Vanek, Buf	25	37	62
Ribeiro, Dal	16	46	62
J.Thornton, SJ	19	42	61
Getzlaf, LA	18	43	61
Ryan, Ana	32	28	60
Tavares, NYI	26	34	60
Havlat, Minn	21	39	60
M.Richards, Pgh	20	40	60
Briere, Pgh	31	28	59
Marleau, SJ	28	31	59
Heatley, SJ	24	34	58
Tanguay, Cal	19	39	58
Pavelski, SJ	17	41	58
Visnovsky, Ana	14	48	58
Datsyuk, Det	22	35	57
J.Williams, LA	22	35	57
Prindle, Pgh	11	46	57
Duchene, Col	23	33	56
Kreigh, Bos	12	44	56
Gloves, SJ	23	32	55
Doan, Pgh	18	37	55
Backstrom, Wash	17	38	55
Lidstrom, Det	14	41	55
Kessel, Tor	28	26	54
Baekes, StL	26	28	54
M.Koivu, Minn	17	37	54
Lucic, Bos	29	24	53
Grabovski, Tor	27	26	53
Ladd, Atl	26	27	53
Plekame, Mtl	21	32	53
MacArthur, Tor	20	33	53

Last night's games not included

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Toronto	11	9	2	.818	132	101	
Buffalo	10	7	3	.700	110	93	1/1
Boston	11	6	5	.545	117	102	3
Rochester	10	5	5	.500	93	107	3/1
Philadelphia	11	4	7	.364	99	125	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
x-Calgary	11	8	3	.727	140	123	—
Minnesota	9	5	4	.556	102	98	2
Washington	11	5	6	.455	146	135	3
Edmonton	11	2	9	.182	117	147	6
Colorado	9	1	8	.111	80	105	6

x — clinched playoff berth.

WEEK 12

Friday's games

1-All times Eastern

1-Minnesota at Edmonton, 9 p.m.

1-Toronto at Calgary, 9:30 p.m.

1-Boston at Washington, 11 p.m.

1-Saturday's games

1-Philadelphia at Rochester, 7:35 p.m.

1-Boston at Colorado, 9 p.m.

1-Sunday's game

1-Buffalo at Minnesota, 5 p.m.

MLB

SPRING TRAINING

Monday's results

1-Arizona 3 L.A. Dodgers (ss) 0

1-Tampa Bay 3 N.Y. Yankees 1

1-Philadelphia 4 Boston 1

1-Minnesota 4 Pittsburgh 1

1-N.Y. Mets 8 Atlanta 7

1-Washington 7 St. Louis 2

1-Chicago White Sox 8 San Diego 5

1-Detroit 9 Houston 1

1-Cleveland vs. Kansas City (cc'd, rain)

1-Oakland at L.A. Dodgers (cc'd, rain)

1-Seattle vs. Cincinnati (cc'd, rain)

1-Texas at Milwaukee (cc'd, rain)

1-Chicago Cubs at L.A. Angels (cc'd, rain)

1-Colorado at San Francisco (cc'd, rain)

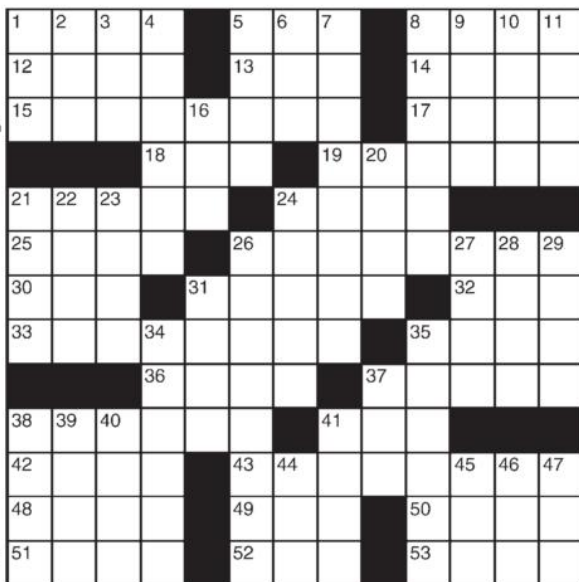
Crossword

Across

1 Injury
5 Spinning stat
8 Gaucho's weapon
12 Needle case
13 Midafternoon, on a sundial
14 Incursion
15 Overlooks
17 Sandwich cookie
18 Anger
19 Decennial count
21 Correspond
24 Pub missile
25 Waikiki wingding
26 Separates into pieces
30 Snoop
31 Ms. Midler
32 Ump's call
33 "Clue" group
35 Speck
36 Medal earner
37 Nonsense
38 Wolflike
41 Bankroll
42 October birthstone
43 Housing developments
48 Amos or Spelling
49 Charged bit
50 Mast
51 Pal of Crackle and Pop
52 Explosive letters
53 Cab

Down

1 Coop occupant
2 Put away
3 Carpet
4 Environment
5 Wedding shower?
6 Peach stone
7 Picks the wrong actors
8 "Jane Eyre" author
9 Galley tools
10 Stead
11 Fussies
16 Before
20 Gaelic
21 Heidi's home
22 Mentor
23 Beams of light
24 The same
26 Really run-down
27 Diner employee
28 Ballet frill

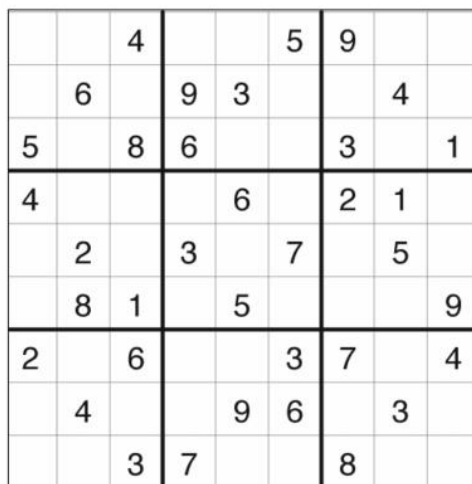


29 Goblet feature
31 Existed
34 Elizabeth II's hubby
35 Humble
37 Leon Uris' "The —"
38 Oodles
39 Apprised of
40 Prefix for legal or sailing
41 Refuse to
44 Director Howard
45 Bookkeeper (Abbr.)
46 Levy
47 — Lanka

Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

4	8	5	1	6	2	3	9	7
6	9	1	4	3	7	8	2	5
2	3	7	5	8	9	4	6	1
8	2	4	6	7	3	5	1	9
3	1	6	8	9	5	7	4	2
7	5	9	2	4	1	6	8	3
5	6	2	7	1	8	9	3	4
1	4	3	9	5	6	2	7	8
9	7	8	3	2	4	1	5	6

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Boubouki, I love you more than words can describe. My love you for has no limits. We ARE the exception. Never forget the video store. Love, BOUBOULINA XO

HBD Ally.Saad <3 Wish u all the best on this day and I love you 4ever&always -D21

JHK, you've taught me so much about me and I'm a better man for it. I'm so proud of you and I love you so much. You're gorgeous and I can't wait to live down the street!! KCG

Babies, You mean so much to me and I want you to know I will always be there for you. I am beaming with excitement to be with you again. I love u so much. PKS

Dear Matthew, The body is like a canvas, like any other artist I painted my muse. Its been long enough, come back to me. JENNA

Today's horoscope

♈ Aries March 21-April 20

With yesterday's Sun-Uranus aspect still mixing things up, you won't care what people say about your motives or actions. They think you lack morals. So what? It's your life.

♉ Taurus April 21-May 21

If you respect people, they will respect you. Remember though that the opposite also applies. If you say or do anything that others find offensive today, expect backlash.

♊ Gemini May 22-June 21

Resist the urge to make value judgments about other people. We have different ways of dealing with life and different journeys to take. You can't possibly know what others' fate should be. Be more forgiving.

♋ Cancer June 22-July 22

Act quickly today if someone in a position of power offers you something you have wanted. If you leave it too long, you could find the opportunity has been given to someone else.

♌ Leo July 23-Aug. 23

If you need to do something that is going to take a lot of time and energy, start now. Also, don't wait to be offered something you are in a position to take for yourself. Be bold, be brave.

♍ Virgo Aug. 24-Sept. 22

Everything will turn out for the best, and deep down you know that. So why are you still so anxious? The way to overcome fear is through faith, so have faith in yourself and allow only positive thoughts.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23

The more others say you should be disciplined, the more likely it is you will be rebellious. You have no intention of following the rules just because other people say you should.

♏ Scorpio Oct. 24-Nov. 22

You may be worried about the future, but if you go with the flow and trust your instincts, nothing bad will happen. On the contrary, your life is about to change in wonderful ways.

♐ Sagittarius Nov. 23-Dec. 21

If you're prepared to take risks and if you believe in your abilities, anything is possible. Important people will be impressed by your can-do attitude. It won't be long before you're moving up.

♑ Capricorn Dec. 22-Jan. 20

What happens today will reveal several new opportunities. However, they will only be of use if you keep self-doubt at bay. Some people are scared of their own shadows. Don't be one of them.

♒ Aquarius Jan. 21-Feb. 18

The Sun and Uranus in go-getting Aries will encourage you to be inventive. Don't do what everyone else is doing. Be different. Above all, be decisive.

♓ Pisces Feb. 19-March 20

Unexpected surprises seem to be a feature at the moment. Think of it as a purging process to clear your life of things you no longer need. You're making room for something better. © SALLY BROMPTON

Caption contest



"Ahhh... wait, yes, I spotted another one." MERLE

WIN! You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.



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Add taxes & other fees: \$249

MEXICO | Los Cabos

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All-Inclusive • Deluxe partial oceanview rm. • May 8 - 29 • 1 wk.
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MEXICO | Los Cabos PRIVILEGES

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MEXICO | Cancun/Riviera Maya via Calgary

Gran Bahia Principe Tulum  **\$1109**
All-Inclusive • Standard rm. • May 14 & 21 • 1 wk.
Add taxes & other fees: \$240

MEXICO | Cancun/Riviera Maya via Calgary

Grand Sirenis Riviera Maya Hotel & Spa  **\$1119**
All-Inclusive • Junior suite • May 14 & 21 • 1 wk.
Add taxes & other fees: \$240

JAMAICA via Toronto

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All-Inclusive • Junior suite • Apr. 5 - 7, 11 - 14 & 19 • 1 wk.
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BAHAMAS | Nassau via Toronto

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Super-Inclusive® • Deluxe garden view rm. • May 15 • 1 wk. • 5TH NIGHT FREE!
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DOMINICAN REPUBLIC | Samana via Toronto

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DOMINICAN REPUBLIC | Punta Cana via Toronto

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All-Inclusive • Junior suite • May 13 & 20 • 1 wk.
Add taxes & other fees: \$173

CUBA | Varadero via Calgary

Barceló Solymar Arenas Blancas Resort  **\$1279**
All-Inclusive • Standard bungalow • May 7 - June 18 • 1 wk.
Add taxes & other fees: \$149

CUBA | Varadero via Calgary

Iberostar Laguna Azul  **\$1389**
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COSTA RICA | Liberia via Toronto

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Add \$50 for Sun. departures

GRENADA via Toronto

Grenadian by rex resorts  **\$1519**
All-Inclusive • Hillside rm. • Apr. 2 & 9 • 1 wk.
Add taxes & other fees: \$180

ARUBA via Toronto

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Add taxes & other fees: \$175

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10k	\$13.16
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Silver Maple	\$32.25/coin
Silver Bullion	\$30.00/ounce

Silver

Unrecognized Silver bars 1 ounce or more	\$0.69/gram
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Stamped .800 Silver	\$0.49/gram
Unstamped Solid Silver	\$0.39/gram

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Coins from 1968	7.9 Times Face Value

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